

Adult Low Back Pain

For workers' compensation patients, see mandated Workers' Compensation guideline:
<http://www.revisor.leg.state.mn.us/arule/5221/6220.html>

A = Annotation

1 Patient education regarding primary prevention, including healthy lifestyle and general aerobic fitness. Emphasis on:

- Patient responsibility for good back care
- Workplace ergonomics
- Home self-care treatment

